October Weekly Vinal Voice

Week of Monday, October 23 - Friday, October 27, 2023

Principal's Update

Universal Screening Letters

On Monday, September 23rd, all families in grades K-5 received an email regarding our universal screeners for elementary students. Please visit our website HERE to see view a narrated presentation from our Director of Teaching and Learning, Diane Provenzano, to learn more.

Student Government

Ms. Howard and Mr. Leonard are holding Student Government elections on November 7th. Each class in grades 1st-5th will be electing one class representative to participate in the Vinal School Student Government. Commitment Forms will be coming home with interested students, and can be found HERE.

PreK Lottery Open

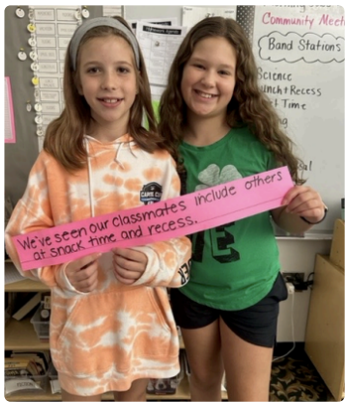
Norwell Public Schools is now accepting registrations for community preschoolers for the 2024-2025 Preschool Lottery. Any preschooler who will be 3 or 4 before September 1, 2024 is eligible to enter the lottery. Visit our website HERE to learn more.

October 31

On Tuesday, October 31st, students are welcome to wear their costumes. However, please remember that costumes should be school appropriate (no masks, weapons, or face paint).



4th Grade Hosted our Community Meeting on Friday



All Classes Shared Acts of Kindness



3rd Grade Math Activities

Nurse's Update

The annual Hearing, Vision, Height, and Weight screenings are finishing up this week. If your child did not pass the screenings, letters were sent home for follow-up with the child's provider. If you have any questions or concerns, please let me know.

Nurse Kristen

Breakfast & Lunch Menus

Click HERE for the October/November menus.

Updates from Art



Grade 5 Landscapes



Grade 5 Landscapes



Grade 5 Landscapes

Upcoming Dates

November 7: Student Gov't Elections
November 8: PTO Meeting, 9:00AM
November 9: Picture Retake Day
November 9: Grade 3 Field Trip on Norwell Pathways
November 13: NHS Peer Ed with 4th and 5th Grade
November 15: Early Release--**Middle and High ONLY**
November 16: Student Gov't Meeting
November 17: 3rd Grade Hosts Community Meeting

Updates from Mrs. LaSalle our School Psychologist

Sometimes our brains have big feelings. Some of those feelings are positive, but some are not so good. And when our brain has big feelings, we can often feel it in our bodies too. We might become tense, or tired, or shaky, or hot, or panicky. In these moments, when the "big, bad feelings" are taking over, it can be helpful to have a toolbox of coping strategies to try! Each week, check in for new strategies. Keep in mind, sometimes a strategy may work, but other times it might not. Don't give up-- keep trying that strategy! And if your first strategy doesn't help, never fear. Pick another and give that one a try! Now, let's learn about some small strategies to tame some big feelings!

Squeeze and Release: Our bodies and brain sometimes just need to take all that tension out on something. But in these moments, it is important that we make choices that are safe, and do not put ourselves or others in danger. Squeeze a fidget tool (for example, a stress ball, clenched fist, putty) as hard as you can, count to 10 and release. Repeat this a few times while taking deep breaths.

Your PTO Corner

- **11/16** Join us for the Vinal + Cole Parent Night at Tinker's Son featuring Road Soda, a band of Vinal + Cole dads. You can buy your tickets here.
- **11/20** is the Fun Run! Keep an eye out for an email coming soon with more details!
- **Each Friday**, two staff names are drawn during morning announcements for a $10 gift card to reward their hard work and dedication to our children! If you're able, please consider donating a gift card or two! They can be sent in with your child via backpack mail or dropped off at 15 Old Oaken Bucket Rd
- If you haven't already, please join our Facebook Group or on Instagram. Our website is up to date too! Check it out vinalpto.com to stay up-to-date on upcoming events, find out when PTO meetings are being held, support the school, and much more!

If you are interested in getting more involved, we'd love to have you! Please email us at vinalpto@gmail.com.

Thank you,

Your Vinal PTO

NORWELL SEPAC presents

Kids & Friendship

*Join **Katy Boucher,** founder of **The Accord School**, for an evening of lively conversation on how to help our kids navigate their ever-changing social world.*

Wednesday November 1st

6:30-8:00pm

Norwell Middle School

328 Main Street, Norwell



Parents will walk away with practical guidance that they can put to use the very next day!



the ACCORD SCHOOL

www.theaccordschool.org



Your Year of Friendship

- ✓ Have a dance-off with your friends.
- ✓ Learn about the galaxy under the stars.
- ✓ Brighten someone's day by lending a hand.

The first step to friendships that last forever? Feeling totally comfortable being yourself. Be part of a crew that celebrates you just the way you are!

Be a Girl Scout

To RSVP, scan code or visit
www.gsema.org/eventrsvp4

Meet your new forever friends at a FREE Girl Scout "Try It" Event!

Bring your grown-up(s) along.

Tues. 11/21/2023 5PM-6PM
Norwell Public Library-
Meeting Room
64 South Street, Norwell,MA

Please RSVP and let us know you are coming!
www.gsema.org/eventrsvp4

girl scouts of eastern massachusetts

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